



Chris Owens
Director

With mixed emotions and great anticipation, I transitioned into the role of Director of the Office For Women as Tina Lentz accepted a new position. As women we face many challenges, particularly in the current economy. It is comforting to all of us to know we have not lost Tina's experience nor her insight. She only moved "around the corner." We value her contributions and count on her continued interest in OFW.

To move forward, it is helpful to look back. We live in a time when many offices and commissions for women are struggling and fading away. I want to acknowledge the OFW leaders before me whose talents and foresight both charted the path for OFW to successfully serve women in the Louisville Metro area and kept the vision strong.

Some of you remember when Marcia Roth was appointed in 1991 to serve as OFW's first Director. She built a vision and the foundation for OFW to go about the business of raising the status of women in our community. Marcia never lost her desire to make women more safe.

As We Enter The Fall . . . A Lot Of Things Are Happening At OFW

A Message From The Former OFW Director

Contributed by: Tina Lentz

I am a "behind the scenes" person. I like doing the work and getting the job done with little to no fanfare. So, how did I get to be the Director of the Office for Women? Because there were people who believed that I was the right person for the position. And for that I am truly grateful. My tenure with the OFW provided me with a wealth of experiences that I would otherwise have missed - exploring new ideas, expanding on existing relationships, developing new ones, and to delving into what could happen if women came together.

As I look back, I am proud of many things that have occurred since October 2006. With the help of Chris Owens, we began to create a culture of women supporting women. Our Louisville Women's Listserv membership grew from 160 to just over 950 by June 2009. This listserv was our way of sharing information about what is going on in our community related to women and raising awareness on the issues that affect women and girls. Through our Conversation Café series, we provided a venue for women to learn, share and network around domestic violence, child safety, entrepreneurship, health and leadership. And in partnership with Metro Police we were able to offer the first Women's Citizens Police Academy in 2009. The series was so successful and in demand that it will become a part of OFW offerings for years to come. Our Women's Health Week event last year was also a big success, offering breast screenings through a partnership with Norton's HealthCare and providing health related informa-

tion for the entire week at locations that highlighted women's services and organizations (Center for Women and Families, Family Scholar House, League of Women Voters and Kentuckiana Girl Scouts).

She currently serves as Executive Director of the Mary Byron Project. Gabriela Alcalde, who hired me, had a vision of a healthier community of women electronically interconnected with OFW. She is now Executive Director of the Kentucky Health Justice Network. As Director of OFW, Tina Lentz created new venues, new projects, and strengthened the connection between OFW and women in the community.

During my tenure as director I pledge to keep the vision strong. Your ever constant desire to strengthen our community is OFW's greatest resource. That spirit of giving, connecting and responding will help sustain me in my new role as director.



Tina Lentz

I am also proud of the work that took place at the committee level. In 2007 we helped to bring the AWARE (Abused Women's Active Response Emergency) program to our community and provide an additional layer of protection to those at greatest risk of violence. With the leadership of Judge Ann Shake, we now have the Domestic Violence Advocacy Program available to ensure that victims of domestic violence have legal representation at EPO hearings. And domestic violence resources are now available through the Metro Police website.

I leave the OFW with a little sadness but am excited about the new opportunities that await me. But before I go, I want to thank Eleanor Jordan, Ann Coffey, Cathe Dykstra, Denise Troutman, Teena Halbig, Mary Karen Powers and Virginia Woodward for their support and for being wonderful role models for women in our community. I plan to continue as an Ambassador of the Office for Women and look forward to reconnecting with many of you along the way.

Upcoming Mayor's Community Conversations



Mayor Jerry Abramson

All Community
Conversations begin at
6:30pm

Be sure to look for OFW at
Community Conversations.

Monday, Sept. 21

Atherton High School
Small Gym
3000 Dundee Way [Map it](#)

Monday, October 19

Southern High School
Large Gym
8620 Preston Hwy [Map it](#)

Monday, Nov. 16

Central High School
Large Gym [Map it](#)
1130 W. Chestnut Street

December
No MCC



Our First Women: An OFW Project Needs Your Help

You will find "Our First Women" on the OFW website. It is a list of women who were first, broke barriers, or who made a major contribution to our community.

WOMEN and LEADERSHIP

Women of Metro Council.
September 23rd – 5-7 p.m.

You are cordially invited to the
2nd Office For Women
Conversation Café in the
Women & Leadership Series

Wednesday, September 23rd

Agenda:

- Registration
- Opening Remarks & Introductions
- Panel Discussion
- Refreshments/Meet & Mingle
- **Seating is limited ... ([Please Register Here](#))**



Follow the Leader

Contributed by: Toma Lynn Smith

Sometimes past, present and future collide. And with that collision, possibility increases. It's no doubt that women have a long way to go, but some individuals challenge "the system." They have and are making an effort to make the trek a little shorter, despite other barriers, such as race.

In 2007, Jefferson County was left with no black judges presiding in any of its trial courts when two African-American judges retired. That October, the Kentucky Court of Appeals appointed the first black woman, Judge Denise Clayton. Before that, she was the first black woman to be a Kentucky Circuit Court judge.

"The bench should reflect the diversity of the community," Clayton said.

Clayton serves on several local boards and committees, including the Chair position for the Commission on Racial Fairness for the Jefferson County Courts.

Another woman who recognized the severe importance of racial fairness was Anne Braden. Considered a "white ally," Braden for 60 years fought for human rights with her husband Carl Braden within the southern civil rights movement. "Her central message was whites' responsibility to combat racism," stated the University of Louisville Anne Braden Institute for Social Justice Research.

Braden died in 2006, but many are still echoing her passion of equality. One of those people is Jardana Peacock, the Community Education Coordinator at the Anne Braden Institute. Peacock was fortunate to be a student and mentee of Ms. Braden at Northern Kentucky University.

Outside of planning several social justice awareness events and community organizing, she is a performer, director and writer with the spoken word group: S.H.E! (Solidifying Her Evolution!). They are comprised of nine female members, "who strive to transcend lines of race, class, gender, and sexual orientation by opening up spaces for honest dialogue."

Clayton and Peacock are coloring outside the lines to ensure that all are included and that community leaders reflect its society.

People like Braden made this path possible. Like Braden, Clayton and Peacock manage their many responsibilities while still making their surroundings a priority.

Braden was a mother, journalist, professor, organizer, and educator. Clayton is a mother, paralegal instructor, board member, and community volunteer. Peacock is an actress, community activist, educator and yoga instructor.

Even with their hands full, they still manage[d] to reach out and inspire others.

There is no comprehensive list of these women leaders, so please help us make sure they and their contributions are remembered. You can [email OFW](#) your nominations to be included in "Our First Women".





This Is Unacceptable!

The observance of Domestic Violence Awareness Month (DVAM) occurs during the month of October. Domestic Violence, and the emotional and physical scars left in its wake are 100% preventable.

When we prevent Domestic Violence we will improve the lives of 1 in 3 women and their families. We will make homes, pregnancies and workplaces more safe. We will reduce homelessness in our community by up to 28%.

To prevent Domestic Violence, we must recognize and acknowledge it:

Abuse is a pattern of coercive control that one person exercises over another.

Battering is a behavior that physically harms, arouses fear, prevents a partner from doing what they wish or forces them to behave in ways they do not want. Battering includes the use of physical and sexual violence, threats and intimidation, emotional abuse and economic deprivation.

To prevent Domestic Violence, we must stop it before it happens. We must change the culture in our community by:

1. Ending tolerance and excuses for domestic violence;
2. Educating ourselves and our youth; and
3. Pledging to speak out; to say "ENOUGH."

To find out how to do your part to eliminate Domestic Violence, visit:

[Green Dot Kentucky](#); [KY Cabinet for Health & Family Services Domestic Violence Awareness](#); [MensWorkInc.](#); [Coaching Boys into Men](#), OFW's [Domestic Violence Resources](#), [Center for Women & Families](#)

STAND UP and SAY "ENOUGH"

Domestic Violence Awareness Month: October 2009

Contributed by: Carmen Moreno-Rivera

Stand up and say "ENOUGH!"— Advocate for an end to domestic violence

A woman tells her co-workers that she fell and broke her arm. Another explains that she walked into an open cabinet door and it left her with a black eye. Still another insists that she's not sure how those marks on her neck got there.

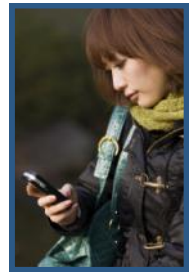


An estimated 1.3 million women are physically assaulted by their intimate partners each year¹ so you may know women who have told similar stories. These statements may be disturbing to you but they should be. You should be not only appalled but motivated to speak out against domestic violence. October is Domestic Violence Awareness month and there is no better time to advocate for an end to this "silent" problem.

Although domestic violence is often thought of as physical, it can take many forms. Emotional and sexual abuses are all aspects of domestic violence in relationships. Sadly, most domestic violence incidents go unreported. This can cause the issue to become more severe, sometimes leading to the death of one or both partners. Domestic violence is seen as a "personal" problem—one that can only be solved by those involved. However, I have learned that those involved in a domestic violence relationship often do not seek help.

As a young child, I witnessed a relationship that had its share of domestic violence incidents and, at the time, had no idea why it continued to occur. I only knew and understood that going against the abuser's opinions was *not* an option. As I grew older, I began to understand the cycle in which the victim was caught. Intimidation, financial control,

and eventually physical violence all served as the abuser's tools to hold control for **over 20 years**. Unfortunately, I was not and will not be the last child in our family, or our community, or our country to witness such circumstances.



This is why **we all** need to stand up and say "ENOUGH!" We need to be more than aware of domestic violence—we need to advocate for a solution. More organizations are being formed to help victims of domestic violence each day. They are in need of volunteers, supplies, and money to continue to provide their services. During October and going forward, consider donating your time, money, or your voice to this cause. Increase your advocacy. Increase your support for those millions of victims who are too afraid to speak out. And, most importantly, increase your commitment to ending domestic violence.

¹ Costs of Intimate Partner Violence Against Women in the United States. 2003. Centers for Disease Control and Prevention, National Centers for Injury Prevention and Control. Atlanta, GA.

October is Domestic Violence Awareness Month. Get more information from:

- ♦ [The Center For Women & Families](#)
- ♦ [KASAP](#) (KY Domestic Violence Association,
- ♦ [Domestic Violence Intake Center](#)
- ♦ OFW's [Domestic Violence Resources](#)



Help Change The Culture: STAND UP and Say "Enough"





Looking Forward With OFW:

Hispanic Heritage Month
September 15-October 15

OCTOBER Observances:

Breast Cancer Awareness

Domestic Violence
Awareness

Where will you see OFW?

- ♦ October 16-17: Pink Ribbon Project
- ♦ September 25th: KY Women's Health Summit II
- ♦ October 20th: Contaminated Without Consent
- ♦ October 21st: Project Homeless Connect
- ♦ Mary Byron Project [National Summit](#)

OFFICE FOR WOMEN
Get connected!

**OFW 's Community
Calendar has more
events & observances**



OCTOBER: BREAST CANCER AWARENESS

For 25 Years the national observance of Breast Cancer Awareness month has been raising awareness about breast cancer. Despite the progress so far, breast cancer is the second most common cancer in women (after skin cancer). More than 190,000 new cases are expected to be diagnosed this year among women and nearly 2,000 cases among men.

Frightening as these statistics may be, knowledge is power and we know much more about this enemy. There are some things women can do to decrease their risk of breast cancer AND for survivors to decrease the chance of re-occurring breast cancer. Studies have found the three most controllable and beneficial behaviors are:

- ♦ Not smoking.
- ♦ Drinking in moderation only.
- ♦ Maintaining a "normal" weight.

If you are a smoker, see if a cessation program is available to you. Look for them by contacting,

your employer, your physician or the Health Department. If you have health insurance, see if it covers programs and products to help you quit smoking.

Changing your eating habits may seem difficult, but there is help available. Contact your physician about seeing a nutritionist. Not only will they make sure your changes are healthy, but you can explore easy substitutions in your diet based on foods you like. Look for free workshops on healthy eating by health care providers.

Don't forget! Make an appointment for a mammogram.

Early detection is key! There are over 2.5 MILLION breast cancer survivors in the United States.



BREAST CANCER SURVIVORS' SUPPORT NETWORK

A support network is an important part of healing and day-to-day self care. If you or someone you love is struggling with breast cancer or is a breast cancer survivor, there are resources available. Reach out and help someone connect.

At [National Breast Cancer Awareness Month](#) news about organizations, events, research, tips for health, how to find services, and information for survivors is provided. The site is simple to search and easy to understand. An entire page is dedicated to information for survivors. Another page has links to organizations that provide support networks.

The American Cancer Society provides contact information and links for several organizations. They also have a book available for caregivers: [Caregiving: A Step-By-Step Resource](#) (and other publications at that link).

National Organizations and Web Sites*

National Breast Cancer Coalition
Toll-free number: 1-800-622-2838
Web site: www.stopbreastcancer.org

National Cancer Institute (NCI)
Toll-free number: 1-800-4-CANCER
(1-800-422-6237)
Web site: www.cancer.gov

Susan G. Komen for the Cure
Toll-free number: 1-877-465-6636
Web site: www.komen.org

Breast Cancer Network of Strength (formerly Y-Me National Breast Cancer Organization)
Toll-free number: 1-800-221-2141
(English), 1-800-986-9505 (Spanish)
Web site: www.networkofstrength.org

About OFW

The Office for Women (OFW) vision is to create an interconnected community of champions working to improve the status of all women by bringing individual community members and organizations together to enhance collaboration, communication and coordination. Our focus is advocacy and public policy in the areas of Women's Health and Safety; Economic Well-being and Empowerment; and Investing in Girls and Young Women.

